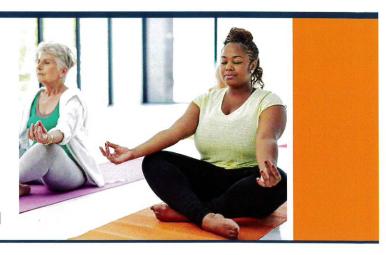


# Your Lifestyle Your Wellness Your Choice

Make the Best Decisions for You



## **Health and Wellness Resources for You**

#### **General Health**

**MedlinePlus®** is the place to start for quality health information in both English and Spanish. The site offers hundreds of health topics, drug information, interactive health check tools, surgery videos, and much more. MedlinePlus also provides easy-to-read and information in many other languages at the links below.

medlineplus.gov

medlineplus.gov/all easytoread.html

medlineplus.gov/languages/languages.html

**HealthReach** offers even more quality health information in many languages, including some audio and video resources.

healthreach.nlm.nih.gov

**Your Healthiest Self: Wellness Toolkits** gives you ways to improve your well-being in different areas of your life. nih.qov/health-information/your-healthiest-self-wellness-toolkits

**Go4Life®** is designed to help older adults remain fit and active. *nia.nih.gov/health/exercise-physical-activity* 

**HealthFinder.gov** gives you a list of health care providers and organizations offering health services and support. Also provides health information by topic.

healthfinder.gov

#### **HIV/AIDS Information**

**AIDS***info*<sup>®</sup> offers access to all things HIV/AIDS related including approved treatment guidelines, HIV treatment and prevention, clinical trials, and more.

aidsinfo.nih.gov

#### Lifestyle

**Healthy Eating** offers more than 100 delicious heart healthy recipes including recipes from regional and multicultural cuisines. healthyeating.nhlbi.nih.gov/

**Nutrition.gov** provides information to help you make healthful eating choices.

nutrition.gov

**CDC Healthy Living** is a resource from the CDC organized by topics for staying healthy, life stages, and specific populations. <u>cdc.gov/healthyliving</u>

**BAM! Body and Mind** is a resource from the CDC that will tell you everything you need to know about nutrition, physical activity, stress, safety, or disease. Designed for kids ages 9–12.

cdc.gov/bam

### Finding Good Health Information

**Be an Informed Consumer** contains fact sheets and resources that can help you discuss health information with your health care provider.

nccih.nih.gov/health/decisions

**Evaluating Internet Health Information Tutorial** shows you how to evaluate health information found on the Web.

medlineplus.gov/webeval/webeval.html